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Citizen of year

Brianna Irvine gets the nod.
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Feeling the calm

An oasis for arts lovers.
Page 5

Crane mishap

Power was disrupted.
Page 8

Stay the course

Pirates keeping Bryan Kelly
Page 12

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INPORT NEWS

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■ EDUCATION

■ FOOD: Celebrity chef Jason Parsons teams up with grower Nina DiLorenzo Secord to film with ferns

A voice against bullying

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — At times, Alicia Pinelli can hardly contain herself.

She has ideas. Good ideas. And she's eager to share them.

So when the Grade 12 Lakeshore Catholic High School student had the opportunity to sit down with Education Minister Laurel Broten and share her thoughts on improving Ontario's school system, she didn't falter.

see EDUCATION | page 2

Fiddling with fiddleheads



DAVE JOHNSON
InPort News Staff

WAINFLEET — At the end of Barrick Rd. sits a large home surrounded by ponds, forest and bog. The sounds of geese, sitting in the ponds, and birds singing fill the air as they fly about the property.

The surroundings are peaceful and give little clue

that they are home to the headquarters of the largest fiddlehead farm in North America, NorCliff Farms.

There's also little clue that the semi-cleared forest, just west of the house, holds more than 300,000 Matteuccia Struthiopteris plants, commonly known as the ostrich fern, that produce the nutrient-rich plant that's shipped across the continent and worldwide.

But if you look close to the ground during the short growing season, you'll find fiddleheads — lots of them.

"We bought this property six years ago and have been farming for about four years," says Nina DiLorenzo Secord, who owns the farm and company with her husband Nick Secord.

DAVE JOHNSON Staff Photo
Jason Parsons, executive chef at Peller Estates, and Nina DiLorenzo Secord of NorCliff Farms in Wainfleet show some of the fiddleheads they picked recently. NorCliff Farms is the largest fiddlehead farm in North America.

see FOOD | page 2

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■ FOOD

'It's fast and furious'

FROM PAGE 1

The property borders the Wainfleet bog and the land the ostrich ferns grow on is very similar to land in the bog, consisting of peat moss, which is very spongy under a person's feet.

There's 16 hectares of land and after clearing some of it and a bit of the forest area, the couple had people come in and plant 300,000 ostrich ferns.

At first, DiLorenzo Secord's husband wanted to plant them all in a row, like one would traditional crops such as carrots and potatoes. But some of those people who planted the ferns dug large holes and put a number of plants in at once.

"They are some of the best ones," she says of the planting technique. "The plants like being together. It's better to be in

a group."

Fiddleheads get their name because their curled spiral shape clearly resembles the head of a fiddle.

DiLorenzo Secord and her husband plan to add to the ferns already in the ground because "it's to our benefit."

In addition to the Wainfleet farm, the company has more than 400 hectares across Canada which grow millions of fiddleheads each year.

"We have a couple of islands in New Brunswick with more than 300,000 plants on them. All of them are natural ... they've been there forever. We also harvest them in Quebec."

It was in New Brunswick where Nick formed the company in 1973.

"The idea was he wanted to go fishing on a river and I guess you

had to pay to go fishing on it."

A man who owned a local Dominion store said he could get Nick on the river, but he had to first pick fiddleheads alongside the river.

"That's how he got started, because he wanted to fish, that was the humble beginning."

While it started in New Brunswick and there is now the home in Wainfleet, Quebec is home to NorCliff's fiddlehead processing plant.

The plants are all handpicked, depending on the season where they happen to be grown. They are picked when they are roughly a couple of inches off the ground, any taller than that and they start to get "fuzzy" and the actual fern starts to grow.

The growing seasons out east and in Ontario are different, but all told, the company is able

to harvest for about six weeks across the various areas.

"It's fast and furious," DiLorenzo Secord says of the harvest season.

Once picked, the fiddleheads are shipped to Quebec where they first have all the debris and fine hair blown off, they are then dropped in large tanks filled with ice to bring down their temperature and prevent spoiling. From there, the fiddleheads are put on conveyors and sprayed down as many as six times, and then put back into the tanks again.

"It's all done for food safety."

She says quality control makes sure "nothing but the best" is shipped out to grocery chains and food service companies across Canada, the U.S. and world. NorCliff's greens can be found at local grocery stores in Niagara.



DAVE JOHNSON Staff Photo

Jason Parsons, executive chef of Peller Estates, is filmed by Frank Greco as Brad Wall listens to the sound. Greco is producing a web series for Parsons and a new website. Wall is director of production for Greco's company, TGTV Inc., which also produces The Travel Guy and Gourmet Escapes.

■ EDUCATION

Pinelli a student adviser to Ontario's education minister

FROM PAGE 1

Pinelli was recently appointed to the minister's student advisory council, selected from more than 300 applicants vying for 60 coveted spots.

With students from grades 7 to 12, the 60-member council includes representatives from both English and French public and Catholic school boards.

"We're there to advise the minister on what's needed in schools to develop growth," Pinelli said, calling it a "huge

honour" to be chosen.

Having sat on her school's student council for the past two years, she's proud to not only be representing the students of Lakeshore, but students from across Ontario.

The first meeting of the group's one-year term took place earlier this month, where members highlighted areas they'd like to focus on throughout the year.

Pinelli would like to put a spotlight on acceptance and bullying in schools, particularly



Pinelli

focusing on sexual orientation — a topic she feels is growing in prominence with today's generation.

She has actively participated in Lakeshore's efforts to put an end to bullying and promote acceptance, but is proud to potentially begin a

movement to cease the act in schools across Ontario.

"I was bullied a lot when I was younger," said the now 17-year-old, who knows there are countless youths in the province experiencing similar circumstances.

Pinelli hopes to initiate a movement in the education system that allows students to be themselves, without any judgment inflicted upon them by their peers.

The group will next meet for a four-day retreat in Aurora in

July. There they will create subcommittees to tackle various issues brought forward such as bullying, bringing First Nations culture back into schools, and the relationship between students and teachers.

Council members have written reports to the minister about the changes they'd like to see in the school system, which she will later respond to.

"It's nice to know students have a say in what happens," said the young Port Colborne

resident, who credits the minister for her willingness to listen.

"We're very proud of Alicia," said Lakeshore Catholic principal Danny DiLorenzo, who believes Pinelli was an ideal choice to represent students of both Niagara Catholic District School Board and of Ontario.

She's a bright young lady with good Christian values," he said, adding she has the qualities needed to help effectively shape the province's education system.

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Serving up smiles

LINDSAY COSTELLO inPort News Photo

Port Cares development officer Pam Swick Janjac, McDonalds manager Jim Simpson, Wainfleet Mayor April Jeffs and owner/operator Larry Martin celebrated McHappy Day at McDonalds in Port Colborne on May 2 where a portion of proceeds from select food and drink items was donated to Ronald McDonald House charities.



Junior Citizen of the Year



DAVE HANUSCHUK Staff Photo
Tribune managing editor Angus Scott presents the 2011 Ontario Community Newspaper Association's Ontario Junior Citizen of the Year Award to Bianna Irvine of Port Colborne. The Grade 11 Centennial Secondary School student was nominated for her service to the community including Port Colborne's snow buddies program and fundraising through her charitable organization called Music for Peace.

Pennies for Port Cares



DAVE JOHNSON Staff Photo
Boggio's Pharmacy owner Larry Boggio drops a penny into a jar held by Catharine St. Allinson Family Discount, TD Bank, Port Cares and Port Medical all have the jars which are part of the Pennies for Port Cares fundraiser. Batista said Port Cares is trying to raise the last \$5,000 of its Port Cares Reaching Out and Changing Lives capital campaign, which helped renovate and put additions onto two of its buildings.

INPORT NEWS

Published by InPort News
Sun Media Corp.

228 East Main Street, Welland, Ontario, L3B 5P5
Tel: 905-732-2414 Fax: 905-732-3660

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■ ourview

Saving the bees

Wainfleet apiarist George Scott wants to keep Niagara Beeaway buzzing.

The byway is a section of land that runs along the Welland Canal between Lake Erie and Lake Ontario. It's a stretch of land where honey bees, which have been doing a disappearing act across the province, have been able to thrive despite the mysteries that have been plaguing the species.

Scott is passionate about helping honey bees to survive as they're working hard to ensure their continued existence and we applaud his efforts.

No one can explain why bees are slowing dying and whole colonies disappearing, despite research into the matter. The project Scott has undertaken, with assistance from Land Care Niagara, is admirable. The project consists of specially-constructed boxes set up to trap swarms of bees, without harm, on the Hopkins Steel Works Ltd. property in Welland.

Last year, he collected 18 swarms of bees from the Hopkins property. He hopes for similar results this year.

Bees are important to mankind, maybe more important than people realize. No bees to help with pollination could be potentially devastating to agriculture and most plant life.

No next time you see a bee flying past you, don't swat at it. Let it go by, you could be saving its life and helping ensure future generations of bees continue to pollinate the plants and crops we eat.

Huge honour

Congratulations to Alicia Pinelli on her recent appointment to the Education Minister Laurel Broten's student advisory council.

The Grade 12 Lakeshore Catholic High School student, who was selected from more than 300 applicants voting for 60 covered spots.

Having a spot on the advisory council means Pinelli, along with the others, will have Broten's ear when it comes to talking about what schools need.

The first meeting of the group's one-year term took place earlier this month, where members highlighted areas they'd like to focus on throughout the year.

Pinelli wants to put a spotlight on acceptance and bullying in schools, particularly focusing on sexual orientation — a topic she feels is growing in prominence with today's generation.

She has actively participated in Lakeshore's efforts to put an end to bullying and promote acceptance, but is proud to potentially bring a movement to change the act in schools across Ontario.

■ COLUMN

've been thinking about blessings

REV. STEVEN DAVIS
Central United Church

I don't think we really understand the concept of "blessings" or "being blessed" today, and the end result of that misunderstanding is that there are a lot of people who walk through life who feel they've never been blessed; more than a few, perhaps, who feel as if they've been cursed.

Over the last few weeks I've been working my way through some reflections on what are known as The Beatitudes — that portion of the Sermon on the Mount in which Jesus pronounces blessings on a variety of people. What's truly shocking is to see exactly who it is that Jesus declared blessed. They're the poor in spirit, they're those who mourn, they're the persecuted. To those seeming unfortunate — and more — Jesus says "Blessed are those..." But why those people? Many in the modern world would look at those in such conditions and think of them as anything but blessed, and when we face such things we often feel ourselves blessed. So what does Jesus mean?

One of the problems is that we've started to equate "blessedness" with "happiness." In fact, one popular

translation of the Bible (the Good News Bible) translates the Beatitudes not as "Blessed are those..." but as "Happy are those..." That's a problem, because blessedness and happiness are not the same thing. Happiness is merely an emotion. It comes from within us. It's what we feel when things are going well in our lives and many good things are happening. It's something we generate for ourselves. It doesn't even have to be big things. If happiness is all Jesus meant in the Sermon on the Mount then He might as well have said, "Happy are those who are eating ice cream." It would make more sense than "Happy are those who mourn." I've mourned. It's not a happy time. I was anything but happy when I was in mourning. That's the problem with thinking of blessedness as happiness. Happiness is just temporary; it's totally dependent on your circumstances at any given time. People being persecuted are not happy people. People at picnics are happy people. Let's understand the difference.

Blessedness is not something that we generate for ourselves. Blessedness is something that's given to us. Who gives them that? In the Sermon on the Mount, Jesus pronounces a state of blessedness upon the most unexpected people, which means that blessedness is a little bit like grace — it comes from God, even to those

who seem to be the least likely to receive it. Blessedness is offered to us by God no matter what our circumstances are.

Blessedness in fact comes to those who may be the most desperate, unfortunate, poverty-stricken (spiritually or otherwise) people in the world — because God offers His blessing most powerfully to those who need it the most.

It isn't happiness. You can be both sad and blessed at the same time, or you can be entirely happy but bereft of blessings. Happiness is human; blessedness is divine. Blessedness, in fact (at least if we take Jesus seriously in the Sermon on the Mount) seems to come most powerfully and most directly to those who might be the least happy.

So if life doesn't seem to be treating you fairly right now, if you're down in the dumps, if everything seems to be falling apart around you, and if you feel as if there's no place to turn — it isn't so. You have a place you can turn without hesitation — and that's Jesus. Let Him pronounce a blessing over you. Let Him give you peace rather than happiness.

Happiness is only temporary, but God's blessings will last for an eternity. Perhaps that's what Jesus meant when He said "I am with you always, to the very end of the age."

■ readers'views

New hospital may not be answer

It is very important to have good leadership if we are going to get a new south Niagara hospital.

It is not how the outside of a hospital looks that counts but rather what is taking place inside. If this new hospital is to be built, it should be located south of Niagara Falls.

My suggestion is to keep Welland hospital as it is fairly modern. It would cut down on costs and it is not necessary to have a big hospital like St. Catharines. Behind the hospital on Plymouth Rd. are numerous specialists' offices, such as urology, orthopedic, eye, internal medicine and cardiology and several family doctors. One block from the hospital there is another area of many doctors.

A brand new state-of-the-art hospital might not be the answer. It will be a waste of taxpayers' money because we have a lot of old-age retirement

homes in Niagara, also, when it comes to surgery at any hospital the patient is usually released in a day to go home. Nowadays, seniors are living longer and need a good health-care plan so they can stay at home.

I believe Welland is more central to communities like Niagara Falls, Port Erie, Port Colborne and Welland. The other suggestion is to build a new hospital near Hwy. 406 and Hwy. 140 east of Welland.

Roscoe Reilly
Welland

Less costly solution available

The May 5 Wainfleet Ratepayers Association meeting unfortunately only showed major discontent with the \$550 Phase 1 septic system charge now and every three years thereafter.

I am one of those who agrees with inspections as the problems do have

to be addressed. Phase 1 inspections do not address the problems. Phase 2 inspections would be a major step forward in addressing them. Phase 1 inspections cost \$550. Phase 2 inspections cost \$250-\$2500. Phase 1 counts the bedrooms and plumbing fixtures; a Phase 2 inspects the whole system. I am sure that for an extra \$10, a Phase 2 could add well location, number of bedrooms and number of plumbing fixtures.

Phase 1 requires additional staff — at least three people and two vehicles and an office. Phase 2 inspections would probably need half a person in the office. There seems to be a suggestion a township employee would be less susceptible to bribery than non-employee inspectors. There is a simple way to ensure proper, meaningful inspections — license the inspector to work in Wainfleet for a small fee, but put large fines in place for infractions.

Bernie Cusack
Wainfleet

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■ **ARTS PLACE:** Port Colborne gallery chalks up 20 years

'Feel the calm and find the beauty'

ALLAN BENNER
InPort News Staff

PORT COLBORNE — It's an oasis for artists and art lovers alike, says Joyce Honsberger.

That place is Arts Place. Two decades ago, Honsberger led a group of 11 artists that transformed an old automobile shop into the King St. art gallery. The artists wanted to create an environment where people could relax as they enjoyed works of local artists.

"We welcomed people to take time out, and that's not an easy thing these days," says Honsberger, who uses the back of the gallery as her own studio.

Art, she says, is a dimension people need in their lives to nurture.

When they visit the gallery, she says, those people "feel

energized."

There's a lot of energy. The artists put a lot of their energy into their work."

Honsberger has lost count of the number of artists who have displayed their work within the gallery.

Paddy Ormiston was the gallery's chairwoman when it first opened — a volunteer position she held for more than 10 years until she moved out of town. She returned Sunday, to help celebrate the 20th anniversary of the gallery she, too, helped to start.

"It's a special place," she says.

Dorothy Butcherd, another longtime member, has been the gallery's chairwoman since Ormiston left.

She calls 20 years "quite a milestone for a small gallery."

She says art galleries are often considered a window

to the studios of the individual artists who display their work there.

"But I think of it as an open door to come in and leave the busy world behind, and feel the calm and find the beauty."

Artist Suzi Dwor says it's remarkable that the gallery has sustained itself for 20 years in a small town.

That was only possible due to the support of the community, the perseverance of the artists themselves as well as volunteers, she says.



Tribune photo

Arts Place's current chairwoman Dorothy Butcherd and its first ever chairwoman Paddy Ormiston celebrate the 20th anniversary of the Port Colborne art gallery, which took place Sunday.

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■ **HELPING HAND:** Trying to keep bees alive

Winged traffic steady on Niagara beeway

MARYANNE FIRTH
InPort News Staff

WELLAND — The Niagara Beeway is still buzzing — and George Scott wants to keep it that way.

The Wainfleet apiarist has been keeping a watchful eye on the aptly named section of land that runs along the Welland Canal between Lake Erie and Lake Ontario. It's a stretch of land where honey bees, which have been doing a disappearing act across the province, have been able to thrive despite the mysteries that have been plaguing the species.

Researchers have been trying, to no avail, to determine why the tiny black and yellow insects have been dying out in areas of Ontario.

Until a cause is discovered, people like Scott who are passionate about helping honey bees to survive are working hard to ensure their continued existence.

"We're working to stabilize

We're working to stabilize the population until we know what's going on."

George Scott, apiarist

the population until we know what's going on," Scott said, while at Hopkins Steel Works Ltd. on Wednesday.

Found along the Beeway, the Welland steel plant property is one of many sites where specially-constructed boxes have been set up to trap swarms of bees without harm.

Scott, who is researching the creatures as part of a wildlife restoration project for the L3K Natural Habitat society, collected 18 swarms from the Hopkins property last year, which have "matured into Niagara survivor hives," he said. He's hoping for similar results this year.

see BEES | page 7



MARYANNE FIRTH Staff Photo

Beekeeper apprentice Alyssa Scott pulls screens from a specially-constructed box meant to trap honey bees while working on Hopkins Steel Works Ltd. property.

CHRISTOPHER'S PIZZA

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■ BEES

On the lookout for new apprentices

FROM PAGE 6

Once collected, the bees are monitored to determine factors such as hygiene and whether they're able to survive the winter months. Winter survival is a strong indicator a swarm is suitable for life in Niagara, Scott said.

Land Care Niagara — a volunteer organization committed to creating a healthy and sustainable rural and urban environment — has come on board with the project, offering assistance through its woodworking for nature program. It has provided funding for 20 of the specialty boxes.

Rather than picking up a can of Raid or taking the garden hose to a cluster of insects, he's hoping people will pick up the phone.

Anyone who identifies a swarm of honey bees on their property is asked to

call the bee hotline at 905-834-5228 or e-mail photos to sir@icanada.com for identification purposes. Providing photos will ensure the certified beekeeper who arrives to trap the insects will have everything needed to get the job done, Scott said.

Each year, the number of calls to the hotline decline. Four years ago, about 400 calls were received and last year, that number dropped to only 80.

With the mild winter that recently passed through Niagara, Scott is hoping calls will increase this year, indicating more bees were able to survive the region's cooler months.

Along with searching for the winged creatures, Scott is on the hunt for new apprentice beekeepers interested in learning the art.

Many beekeepers are growing old and need to pass their invaluable information and experience along to the younger generation, he said.

The apprenticeship requires between 10 and 20 hours of volunteer time, which Scott calls "about a season's worth of work."

MARYANNE FIRTH Staff Photo

Apiarist George Scott and beekeeper apprentice Alyssa Scott, both pictured in front, set up a specially-constructed box meant to trap honey bees on the Hopkins Steel Works Ltd. property as shop supervisor Brian Shannon, back left, and Land Care Niagara stewardship co-ordinator Mike Rose, back right, look on.



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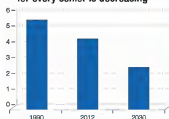
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**Source: 9th Actuarial Report on the Old Age Security Program

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■ UTILITIES

Crane mishap leads to power drain

ALLAN BENNER
InPort NewsStaff

PORT COLBORNE — It was lights out in the lakeside city for about 20 minutes the afternoon of Wednesday, May 9.

Port Colborne fire prevention officer Mike Bendia said a crane set up for maintenance work near the Clarence St. bridge took out an overhead power line at about 1:25 p.m.

Canadian Niagara Power's customer service manager Kristine Carmichael said as a result, the utility company cut power to the whole city "in order to address an urgent safety issue."

She said the power shutdown was necessary "to ensure that everything was fully de-energized prior to doing any work on it."

"That was the measure that needed to be taken. It was assessed and that was the only solution."

She said vehicle collisions don't normally "result in an outage of the magnitude that we had."

But in this case, she said Hydro One could not isolate the power line that was damaged in the collision and "this is why the larger outage was necessary."

Although the power was only off for 20 minutes for most of the city — except for a small number of customers near the bridge, the outage meant an extremely busy afternoon for Port Colborne firefighters.

"We knew something was happening because the emergency power kicked on at the station," Bendia said. "Shortly after that, the tones were going out," he said, referring to the alarm tones to summon volunteers to emergencies.

"We had 13 calls in total."

Although the number of calls the fire department responds to varies, he said "usually, getting two or three calls at once is the maximum."

Bendia said most calls were about carbon monoxide detectors going off as a result of the power outage, but firefighters also responded to reports of equipment problems at the Northland Pointe long-term-care home.



Bendia

Anti-bullying poster campaign



LINDSAY COSTELLO Tribune Photo

Port Colborne High School students Avery Sathmary, Erin Hardy, Eryn Ursacki, Jenae Robinson, Tim Robinson and Marissa Branscombe showed the school's display of anti-bullying themed posters. Ursacki and Tim Robinson were two of the winners of a poster contest put on by the Speak Up Crew, an extracurricular group of students aiming to raise awareness of social issues facing teens.

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■ HEALTH CARE: Remington says

Cross-border hospital care revival pondered

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Why drive for hours when critical care is mere minutes away?

That's the question Dr. Jeff Remington brought forward at a South Niagara Health Care Corp. meeting as he presented information on a partnership the corporation has been working on that could potentially save lives.

"It wasn't long ago that if we had majority sick patients it was not uncommon to go across the border to Buffalo," he said, "and a crowd that gathered at Port Colborne city hall."

That practice, he added, has since been discontinued by CritiCall Ontario unless the patient being transferred is in fact American.

With Niagara in close proximity to world-class hospitals, it only makes sense to revive that partnership for the benefit of severe cardiac or trauma patients, Remington said.

"For years, there was a good relationship between this end of Niagara and the U.S.," said the Port Colborne physician, confident that can be the case once again.

American hospitals are under capacity right now. They'd rather see Canadian patients fill their beds at Canadian rates than no patients at all."

Dr. Jeff Remington

Windsor has created a thriving cross-border partnership with Henry Ford Hospital in Detroit. It's a relationship the corporation has been examining to determine whether it could be a good fit for Niagara and its neighbours across the river.

Hamilton hospitals are often near capacity and delays are often seen in beds becoming available for critical care patients, Remington said.

"Those delays can sometimes lead to the deterioration of patient care," he added.

If there's no bed availability in Hamilton, patients may be transferred four hours away to Windsor, despite there being ample services available only 20 minutes away, Remington said.

Remington and Port Colborne's health-services co-ordinator, Joanne Ferracoli, have met with Dr. Gord Vall of Windsor Hotel Dieu Grace to learn more



Dr. Jeff Remington

about the unique partnership that has been created with Detroit and whether it's a viable option for Niagara to pursue.

They've also met with Kaleida Health in Buffalo, which is both interested and capable of expanding its critical care service area to include southern Ontario, with a focus on adult and pediatric emergent services.

This would include adult cardiovascular care, including STEMI (ST-segment elevation myocardial infarction) and cardiac surgery, as well as neurosurgery, including stroke, and pediatric care including Level 1 trauma, neonatal, perinatal and high-risk expectant mothers.

"This is not about the americanization of the hospital system," Remington stressed, adding Kaleida is willing to accept the current level of OHIP funding for services rendered.

"American hospitals are under capacity right now. They'd rather see Canadian patients fill their beds at Canadian rates than no patients at all."

If approved by the Ministry of Health, the partnership would improve critical care access by transporting patients to the closest tertiary care facility, which in many cases could be Buffalo General Medical Center, Gates Vascular Institute or Women and Children's Hospital of Buffalo.

"They're very willing to work with us," Remington said of the facilities.

Representatives from the Windsor-detroit partnership have offered to attend a future SHCC meeting to provide insight into the successful cross-border relationship and its potential in Niagara region.

■ **WELDER:** Daniel Dressel claims second gold medal

Two-time champ

INPORT NEWS STAFF

PORT COLBORNE — A smile comes across Daniel Dressel's face as he passes the giant sign outside Port Colborne High school.

It's because his name is spelled out in big bold black letters. The message congratulates him on becoming a champion.

A two-time champion.

For the second year in a row, Dressel claimed gold in the welding category at the Ontario Technicolor Skills Competition, which took place April 30 to May 2 at RIM Park in Waterloo. The gold-medal win reinforced the confidence the Grade 12 student had going into the competition last year.

"It was similar to last year but a lot was different," Dressel said of the competition. "We had to assemble a box using different welding techniques. We had to interpret the design off of a blueprint. It was a challenge."

To head to the event Dressel had to qualify at district school Board of Niagara's skills competition in

March. H qualified and advanced to the regional skills competition in April at Niagara College.

In preparation for each event, Dressel would return to Port High after a day of school at night and keep his welding skills in top form for several hours. He also spent time training at Niagara College and at United association of journeymen and apprentices of the Plumbing and Pipe Fitting Industry Local 67's facilities in Hamilton.

Last year Dressel's welding talents brought him high accolades at every competition, culminating with a first-place finish at the national championships in Quebec last summer.

Vic Barker, a technology teacher at Port High, is proud of all of Dressel's accomplishments.

"It's been a great experience," Barker said. "He's always on time for practice. He takes criticism well and he's a natural at what he does."

Dressel is unsure on whether welding is a future career path for him. Currently an apprentice at Thurston Machine in Port Colborne, Dressel is hoping to receive certification as a millwright.

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■ **HOCKEY:** Bryan Kelly returns as head coach and GM

Pirates stay the course behind bench

BERND FRANK
InPort News Staff

PORT COLBORNE — A coach who took the Port Colborne Pirates to the final for the first time in 11 years will be back to continue overseeing the junior B hockey team's climb up the Golden Horseshoe Conference standings.

Team owner Tim Toffolo said there was no hesitation in bringing back Bryan Kelly for a second year as head coach and general manager. He praised Kelly as "one of the best coaches" in the Greater Ontario Junior Hockey League and someone who relates well to young players.

"Bryan brings a lot to the table in terms of experience. He has a vast knowledge of systems, both on offence and defence," Toffolo said in confirming the Pirates would intend to stay the course heading into the 2012-13 season.

Toffolo, who is also the team's director of hockey operations, said Kelly is especially good at relating with the players.

"I think Bryan understands young people and where they are in their development. He is able to put together the full package, to the benefit of the team and the player."

A "core group" of returning players were among the people Kelly contacted before making his decision to come back for another season. The 39-year-old father of three young daughters — ages 7, 8 and 11 — first discussed whether to continue coaching with his family.



Toffolo

"No. 1 is my family commitment. If they're on board and the players and ownership are committed to make another run for it, the answer is, yes," said Kelly, who added he's "excited" about coming back.

Under Kelly, the Pirates finished the regular season tied with the

Thorold Blackhawks with identical 32-17-0-2 records and won the tie-breaker to enter the playoffs as the third seed. Port Colborne skated the sixth Stony Creek Warriors in five games, the No. 2 seed Niagara Falls Canucks in six games and took to eventual Sutherland Cup champion St. Catharines Falcons to six games before being eliminated from post-season play.

Kelly's Pirates were the first Port Colborne junior B team to qualify for the Golden Horseshoe final since 2001 when the then Sailors, coached by Rob Hubbard, lost the championship to Thorold four games to two.

In each case Port Colborne defeated a heavily favoured Niagara Falls team in the semifinals, but Toffolo refused to call this year's second-round victory over the Canucks an upset.

"I think to Niagara Falls it was an upset. I think it was just a matter of time for us," Toffolo said in pointing out Niagara Falls needed seven games to beat the Pirates in last year's second round.

PIRATES TAKE HOME TREASURE

Following is a recap of team award winners from the Port Colborne Pirates 2011-12 junior B hockey regular season:

Player of the year — Dayne Phillips

Most valuable player — Jamie Tyminski

Most valuable defenceman — Mitchell Pozosny

Rookie of the year, Zoran Popel Most improved player — Mark DeConcillys

Most gentlemanly player — Thomas Sestini

"This year's team was deeper and our goaltender (Real Cormier) stepped up incredibly in the playoffs."

Cormier, who doesn't turn 20 until later this month and is eligible to return for a second season with Port Colborne, shaved his goals-against average by nearly a goal once the playoffs began. In 17 post-season games, the Trenton native permitted 2.83 goals per game while compiling a .922 save percentage. Cormier allowed 3.62 goals and had a save percentage of .890 while recording two shutouts in 35 games during the regular season.

While Kelly's second season as Pirates bench boss will be missing three key contributors on offence — Mark Lucatira, Carson Smith and Jamie Tyminski, all of whom are graduating — as well as veteran

blue-liners Nick Schiro and Mitchell Pozosny, the team's captain.

Toffolo is confident the nucleus of returning players will provide a strong base.

"We're definitely going to be going in the same direction we've been going and that is to stay near the top," the team owner said in refusing to call next season a rebuilding year.

Kelly, likewise, is looking forward to building on the success the team achieved last season when it realized it's goal of finishing third and avoiding the toughest opening-round series between the No. 4 and 5 seeds.

"We're in a better position going into this year than we were last year. We have a lot of guys going into their second and third years who are ready to step up."

“This year's team was deeper and our goaltender (Real Cormier) stepped up incredibly in the playoffs.”

Tim Toffolo, Pirates owner

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■ **MUSIC DEPOT:** Song writing program offered

Write a song, earn a royalty cheque

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — Taking notes can be fun — especially when they're arranged into a musical melody to be proud of.

Spots are filling up quickly for The Music depot's annual

song writing program.

It's a chance for music enthusiasts to each write and compose a song alongside an experienced songwriting teacher, learn the basics of recording and producing in the studio, and lastly — and possibly coolest of all — to see their song featured as a

track on a compilation disc.

To highlight the newly written and recorded tracks, The Music depot will host a CD release party on June 2 at 'The smokin' Buddha.

As a bonus, students will earn royalty cheques from CD sales.

"We try to give them the

real life experience," said Morgan Whelan, co-founder of the Port Colborne music school.

The songs written through the program are both licensed and catalogued, making them the real deal, she said.

The popular program attracts people of all ages,

"from 10-year-olds to 60-year-olds," Whelan said while encouraging people to snap up a few remaining spaces.

No previous experience is required, though knowledge of basic chord progression is a benefit.

Cost of the eight-week program, which is slated to start

next week, is \$120.

For more information or to reserve a spot e-mail musicdepotpc@gmail.com or call 905-834-7726.

Songs from the last song-writer session can be heard by visiting www.reverbnation.com/songwriterscompilationcdvolumeone.

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■ **BASKETBALL:** Virginia university awards Lakeshore graduate Kianna Klauk scholarship

Centre of attention

BERND FRANK
Tribune Staff

PORT COLBORNE — At 6-foot-3 Kianna Klauk more than measures up to the size Virginia Wesleyan University wants at centre on its women's basketball team.

In fact, coaches at the Division 3 school are so sure the 19-year-old Port Colborne native can give their team a much-needed towering presence in the paint that they offered her a four-year scholarship to play with the Marlins. They were even willing to wait for Klauk to fully recover from an illness that zapped her strength and caused her to miss 73 days in her Grade 12 year at Lakeshore Catholic High School.

During the time off Klauk didn't pick up a basketball and admitted there were times when she thought she never would again.

"Last year I wanted to put the ball down, but I thought I would look back and regret it," said the 128 student who now describes the break as

"really beneficial."

She is looking forward to taking her game to the next level after returning to a campus in Virginia Beach that felt very comfortable during her three visits to the university.

"It just felt like home, like somewhere I would want to spend the next four years," said the daughter of Shirley Klauk.

Since Division 3 schools are prohibited from subsidizing post-secondary education for athletes, Klauk is receiving an academic scholarship that will cover nearly half of her tuition costs. She intends to major in biology, seeing that as the next step in her ultimate career goal of becoming a pediatrician.

Virginia Wesleyan's appeal wasn't limited to the homey feel of its campus. Klauk, who considered 10 to 15 offers, also was attracted by a coaching staff that has built VWU into one of the top programs in Division 3.

"I like the style of the game they play," she said of the up-tempo game at which the



BERND FRANK Staff Photo

Lakeshore Catholic High School graduate Kianna Klauk is taking her basketball skills to Virginia Wesleyan University, where she will be majoring in biology.

Marlins excel.

Along with the faster pace, Division 3 women's basketball is also more physical, but she isn't worried about that aspect of the game.

"I believe I can keep out and adjust. I've been working out."

With most players in the VWU's conference under six feet, Klauk can't help but stand out whenever she takes the court for her new team.

"As a centre, they like to do post moves, but I like to shoot. I've got range," said Klauk, who ranks blocking, defence and rebounding as her greatest strengths as a basketball player.

Klauk didn't play with a shot clock with the Gators at the high school level but she is used to playing when time is a factor. The Hamilton Pride, her club team that competed at tournaments in

the United States, used a shot clock.

Since VWU's system emphasizes speed, Klauk expects to race against the stopwatch once the university's basketball team begins practising for the fall season. Student athletes at the school are expected to run a mile in under seven minutes and 15 minutes.

"Right now, I'm at 8:15, so I have a minute left to go with

three months to do it," she said with a smile.

Klauk, who also played minor basketball in the Niagara Falls Red Raiders, Port Colborne Hornets and St. Catharines Rebels basketball systems, and has competed in rugby and softball. Hoops was always her first love though.

"It was always something I wanted to do. I like the way I feel when I play it," she said.

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■ **DANCE:** Grade 8 students learn new moves

Steps to losing two left feet

InPort News Staff

PORT COLBORNE — Step, step, lift your knee and clap.

It seemed like simple instruction to a pretty easy dance routine.

But for some Grade 8 students from Steele Street Public School, following the steps is tough when you have two left feet.

The key is to never give up, said Port Colborne High School dance teacher Amy Converset.

"Try everything and try your best in everything," Converset told a group of about 30 Steele Street students Tuesday during a dance workshop hosted by Converset and the Port High dance team.

The purpose of the workshop is to show what's involved in Port High's creative dance program, Converset said. Tuesday's workshop was the first of two this year with Steele Street.

"There's a creative element to the movement," Converset said.

"There's more to dance than just the 'look at me' kind of stuff. Within the workshop the students get to learn about how to do the movements together and dance to a musical score. We ask everyone in the class to be a part of it."



EDDIE CHAU Staff Photos

ABOVE: Port Colborne High School student Katelyn Lander displays her flexibility during a warmup routine.

RIGHT: Dance teacher Amy Converset along with the high school's dance team



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PROPERTY OWNERS DESTROY NOXIOUS WEEDS

NOTICE is hereby given to all persons in possession of land, in accordance with the Weed Control Act, R.S.O. 1990 Chapter W.5, Sections 3, 16 and 23 that unless noxious weeds growing on their lands within the Municipality of the City of Port Colborne are destroyed by the date of **JUNE 1, 2012** and throughout the season, the Municipality may enter upon the said lands and have the weed destroyed.

AND FURTHER TAKE NOTICE that the expenses incurred by the Municipality shall be deemed to be taxes and shall be added to the Tax Collector's Roll against the respective parcels concerned and collected in the same manner and with the same priorities as municipal taxes.

NOXIOUS WEEDS

- | | |
|-----------------------|------------------------------------|
| 1. Bull Thistle | 13. Poison Hemlock |
| 2. Canada Thistle | 14. Poison Ivy |
| 3. Colts-Foot | 15. Proso Millet |
| 4. Common Barberry | 16. Ragweed |
| 5. Cypress Spurge | 17. Russian Knapweed |
| 6. Dodder | 18. Russian Thistle |
| 7. European Buckthorn | 19. Scotch Thistle |
| 8. Goat's Beard | 20. Sow Thistle, perennial, annual |
| 9. Johnson Grass | 21. Tuberosa Vechling |
| 10. Leafy Spurge | 22. Wild Carrot |
| 11. Milkweed | 23. Wild Rocket |
| 12. Nodding Thistle | |

PLEASE NOTE

DANDELIONS AND GOLDENROD ARE NOT CONSIDERED NOXIOUS WEEDS

IN URBAN AREAS

Sections 3, 13, 16, 18 and 23 of the Weed Control Act do not apply to noxious weeds or weed seeds that are far enough away from any land used for agricultural or horticultural purposes as they do not interfere with that use.

However, The City of Port Colborne By-law No. 4519/50/04, which also regulates grasses/weeds, which applies to all properties within the City and are therefore requested to be in compliance with the Maintenance of Grasses and Weeds By-law by June 1st and throughout the season.

1 p.m. The cost to sign up is still \$130 per person which includes golf with cart, a lunch of chicken or sausage plus the extras. In the evening there will be appetizers before a prime rib dinner.

Each golfer will receive a very nice golf gift in appreciation for their participation. In addition, they will have a great assortment of raffle items, a live auction and half a half draw.

This event has been a major fund raiser for the foundation and last year raised \$18,700 with which to purchase the much needed equipment for the hospital. The fiscal financial commitment of the foundation for this fiscal year is in

excess of \$120,000. There is no government funding for equipment and the money must come from people in the community through various events (such as the golf classic), memorial donations, bequests or general donations.

Please consider joining for the fun day or make a donation for the raffle table or sponsor a sign with your business name on it for \$125. The foundation office number is 905-834-44501 Ext. 32126 or email Debbie Spraggett, office manager dspraggett@niagarahealth.on.ca


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Available at-
Chiropractic Associates - Port Colborne
Games-a-Lot - Seaway Mall - Welland
Log Cabin - Hwy 80 Frontill
Arcuri's Cheese World - Welland

Dan Aquilina
Director Planning & Development

ALONG THE LAKESHORE

SATURDAY, MAY 12

Friends Over 55 holding an indoor flea market at 554 Fielden Ave. from 8:30 a.m. to 1 p.m. Refreshments, BBQ, etc.

WEDNESDAY, JUNE 27

Port Colborne-Wainfleet Chamber of Commerce's annual

golf tournament will be held at Port Colborne Country Club.

Call the chamber at 905-834-9765 and sign up to be a player, sponsor a hole on the course, or donate a golf prize. Register by June 13 as a

FRIDAY, JUNE 15

Port Colborne-Wainfleet Chamber of Commerce's 17th annual Lobster and Laughs fundraiser at the Sugarloaf Marina Pavilion. Tickets are now on sale at the chamber office, \$60 p.p. Includes HST. Call the chamber at 905-834-9765 to purchase your tickets today

ONGOING

BRIDGES COMMUNITY HEALTH CENTRE

CAREGIVER SUPPORT

NETWORK: If you are caring for a loved one and are feeling stressed out, or in need of some personal support, drop-in to

our monthly caregiver support network the second Friday of every month from 1:30-3 p.m. No registration required. Call 289-479-5017 ext. 2421 for more info or to register. Held at Bridges CHC 177 King St., Port Colborne.

CHRONIC PAIN MANAGEMENT SUPPORT GROUP: A monthly drop-in

support group for people living with chronic pain. The group runs the last Friday of every month from 1:30 to 3 p.m. No registration required. Call 289-479-5017 ext. 2421 for more info or to register. Held at Bridges CHC 177 King St., Port Colborne.

Continued on page 20



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ALONG THE LAKESHORE

Continued from page 19

"COFFEE AND A CONVERSATION" SOCIAL GROUP: A new weekly drop-in social group for adults of any age. Drop in for a coffee, a

conversation, and meet new friends! The group runs every Thursday, from 10 to 11:30 a.m. No registration required. Call 289-479-5017 ext 2421 for more info or to register. Held at Bridges CHC 177 King St.

Port Colborne.

QUIT SMOKING GROUP PROGRAM: Thinking about quitting smoking? Join our "You Can Quit" program and learn how to quit for good. Five week supply of nicotine replacement therapy available

to eligible participants. The program will be held on Wednesday, May 23 and 30, 6 to 7:30 p.m. Please call to register, space is limited. Call 289-479-5017 ext 2421 for more info or to register. Held at Bridges CHC 177 King St,

Port Colborne.

QUIT SMOKING DROP IN SUPPORT GROUP: A drop-in mutual support group for people who are thinking of quitting smoking or have

recently quit. The group meets the first and third Wednesday of every month from 1 to 2 p.m. No registration required. Call 289-479-5017 ext 2421 for more info or to register. Held at Bridges CHC 177 King St, Port Colborne.

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■ **CHAMBER OF COMMERCE:** Lakeside fundraiser serves up lobster and laughs

Annual dinner a time to crack claws and ribs

MARYANNE FIRTH
InPort News Staff

PORT COLBORNE — It's a chance to laugh your lobster tail off.

There will be plenty of smiles on the menu as Port Colborne-Wainfleet Chamber of Commerce hosts its 17th annual Lobster and Laughs

dinner on Friday, June 15, at sugarloaf Marina Pavilion.

Event chair Tracy MacLeod believes it's the high calibre of the evening combined with the reasonable cost that keeps people coming back to crack more claws at the popular event each year.

"You can't beat the price," she said.

Tickets, which are \$60 a person, include a prime rib and whole lobster dinner, as well as the comedy show. Catering will be provided by Hospitality on Hand.

Taking the stage will be Nick Sheridan, a stand-up comic who has stacked up a list of writing credits that include The Tonight Show,

The Arsenio Hall Show and The David Brenner Show.

Joining siracuse will be Marc sinodinos, whose comedy has been well received across North America. sinodinos has appeared at major comedy festivals in New York, New Jersey and Montreal, as well as on the Today Show, CBC and CTV.

Lobster and Laughs is the chamber's major fundraising initiative for the year, with money going toward the organization's operations and a scholarship fund to benefit local high school students.

The event is open to the public, not only to chamber members, said MacLeod, who is hopeful the event's

new location at the marina will help to draw first-timers out.

Tickets can be purchased by contacting the chamber office at 905-834-9765 or office@pcwchamber.com. Reservations can be made for tables of eight. Drinks begin at 6 p.m., dinner at 7 p.m. and the laughter at 9 p.m.



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■ GARBAGE

Bag tag change catches on

JEFF BOLUCHOWSKI
QMI Agency Niagara

THOROLD — A one-dollar hike to the price of garbage tags doesn't pass the smell test for one Niagara woman.

Tracy Beaudry said she hauled her four bags of trash out at the curb on garbage day unaware the price for a tag had jumped from \$1 to \$2. Her bags, she said, were left behind with a sticker

notifying her of the change. "To me, I don't know why they have to put it up another dollar," she said. She said with a family of four, she needs that extra fat bag of trash.

Niagara Region's acting waste director, Catherine Habermehl, said the department has fielded 128 calls on the topic, with complaints ranging from not knowing about the hike to snafus with

a retailer still selling \$1 tags. But she said that's pretty good compared to how many households there are in Niagara. And she said many were soothed when told they could double up

their old garbage tags and still have their bags taken away.

The calls, she said, diminished as the week went on.

see **GARBAGE** | page 24



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■ GARBAGE

'I don't think adding more burden is the answer'

FROM PAGE 23

"We could see that people were starting to understand the changes," she said. "There's always a period of adjustment with new services or any type of process changes."

Habermehl said the changes were made to increase waste diversion

rates and to help the region break even on the price of chucking the extra bags.

It's too early to know if more people have recycled so far because of the tags, she said. But she still feels the change is working.

"I would say it's been successful," she said. "What we're hoping to see is mea-

There's always a period of adjustment with new services or any type of process changes."

Catherine Habermehl, Niagara Region's acting waste director

sured not by the number of calls, but by the amount of waste being diverted from the garbage bag."

Beaudry said she normally

sets out two extra bags of trash per week.

But with the hike, she said, she's thinking bluer.

"I think now that it's \$2

a pop, I'm going to try and recycle a little harder than I have been doing," she said.

When QMI Agency Niagara took the question to Facebook, readers had mixed reactions to the change.

"I really don't understand if you recycle, compost and donate re-usable items, how you could possibly need

the extra bags," poster Leah Parker said. "Healthy stuff isn't more expensive."

Others were less charitable. "I feel we are getting over-taxed, period," wrote Tina Dyck. "Considering everything has increased dramatically I don't think adding more burden is the answer."



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Legal
Notices

IN the Estate of MARY ANNE GILFILLAN late of the City of Welland, who died on or about February 8, 2011.

All claims against the estate of the late Mary Anne Gilfillan shall be forwarded in writing to Morgan, Dilts & Toppari, 261 St. Paul Street, P.O. Box 216, St. Catharines, Ontario L2R 6S4 on or before June 20, 2012. Thereafter, the undersigned will distribute the assets of the said estate having regard only to the claims then filed.

Richard A. Dilts, Morgan, Dilts & Toppari

solicitors for the Estate Trustee
With a Will of Mary Anne Gilfillan

Notices

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A900

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A910

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Recruiter

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ON L3K 4N6
FAX: 905-694-7179

A920

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A930

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A940

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A830

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A854

Health & Medical

Experienced Assistant Buy chiropractic clinic seeking assistant for approximately 25-30 hours per week. The successful candidate must be a quick learner, must possess excellent organizational and multi-tasking skills. You must be able to communicate in a fast-paced multi-doctor clinic. Previous experience working in a chiropractic clinic a definite asset. Fax resume to Clinic Director at 905-835-5712 or email to: frontdesk@chiropracticenetwork.com

A870

Technical/ Trades

Experienced CNC Milling Center Operator This is a full-time position. A good understanding of spindle speeds, feed rates and chip load and how to calculate these requirements for machining will be required. Tool selection and efficient use of will be required. Must spend 12 months training will be provided. Applicants must have completed certification as CNC Programmer or Technologist. Experience will be an important asset, in particular with milling machines. No travel required. Full-time position: 8:30 am-4:30 pm. TEO. Submit resume to: Kyra Mosiri, Global Architectural Metals, 1-23 Centia St., Welland, ON L3R 5P2. Phone 905-714-4321. Fax 905-714-4325. E-mail: kmosiri@globalarchitectural.com

A974

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A980

EDUCATION

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A990

Garage Sales

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A910

Notices

WINNERS
Annual Elimination Draw sponsored by The Canadian National Home held on Wed. May 9th. \$1,000 Rick Phibbs #21, \$500.00 Larry Martin #218, \$200.00 Bob Katz #115. Thanks to all for your support.

A950

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A960

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A970

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A980

Announcements

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A990

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Storm chaser

ABOVE: Lightning lights a cloud bank high up in the sky over a field in Wainfleet recently. InPort News photographer Dave Johnson spent a night trying to get lightning shots, but a storm he followed fizzled out over south Niagara.

LEFT: The Port Maitland lighthouse is silhouetted by the moon recently.

DAVE JOHNSON Staff Photos

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The Healthy Cupboard



W. Gifford-Jones, M.D.
Naturally Syndicated Medical Journalist

Dispensing common sense medical advice to Canadians for over 30 years

"Where can I get another tube of MYO-MED?" a tennis friend asked me. I'd given him a sample of this cream when his arthritic knee kept him from playing tennis for several months. Now he was back in the game. So how does this new all-natural, toxin-free analgesic help painful joints? And why is it safer than other over-the-counter painkillers cream? Today, 21 million North Americans suffer daily the agony of arthritis. Others see their quality of life diminished by sports injuries, backache, sore muscles and the ravages of aging joints.

Customary treatment has been the use of nonsteroidal anti-inflammatory drugs. Unfortunately, too many people take these over-the-counter medications thinking they're as safe as M and M candy. But every year 25,000 North Americans die from gastro-intestinal complications due to this self-prescribed remedy. It's a huge price to pay for pain relief. MYO-MED eliminates this problem. To my knowledge, no side effects have been reported by using this natural cream.

But how is MYO-MED different from other over-the-counter painkillers? Remember that, due to increasing drug complications, it's important to know what a medication does not contain. Today there are 300 different topical analgesics available in North America. But 90 percent of these painkillers contain methyl salicylate. Excessive use of this substance over a period of time has been associated with serious health problems and in rare cases can be fatal.

MYO-MED does not contain methyl salicylate and is the only all natural and toxin-free cream available.

MYO-MED consists of a combination of six anti-inflammatory ingredients proven to be effective in relieving a variety of painful conditions such as arthritis, bursitis, tendonitis and carpal tunnel syndrome. One of the main ingredients is cetylal fatty acids. These are naturally occurring compounds that help to reduce inflammation, pain and increase mobility. Another ingredient, Bryonia Alba, is a vine-like plant native to the woods of Europe. It's particularly effective for the pain associated with motion. It's also helpful in the treatment of neck, back pain and those suffering from fibromyalgia. MYO-MED also has what's called a "Nano Delivery System": it's a process that quickly carries these six anti-inflammatory ingredients deep into affected muscles and joints where they're needed, providing relief in minutes.

But how good is MYO-MED in easing pain? Researchers at the University of Connecticut carried out double-blind studies to test its effectiveness. One group of patients, suffering from osteo-arthritis of the knee, was treated with MYO-MED. A similar group receiving

a placebo cream. But neither doctors nor patients were told which cream was the real McCoy. Thirty minutes after applying the cream, patients were tested to see how their disability was affected. How far could they flex a knee before it became painful? How well could they get up from a chair? How much time did it take to go up and down 11 steps? And how good was their balance?

Patients were then advised to apply their creams twice a day for 30 days. Both groups of patients were also provided with nutritional guidance to ensure neither group gained weight during the trial period.

Researchers found that patients using MYO-MED noticed better function after 30 minutes. Further improvement occurred over the ensuing 30 days. Patients could flex knees better, needed less time to navigate stairs and rise from a chair. They also showed improved balance, strength and physical endurance.

MYO-MED combats another vital problem. It's logical that if a knee joint hurts, there's a natural tendency not to move it. But ships develop barnacles if tied up to dock too long. And people suffering from painful joints slowly but surely lose muscle mass if they become less active. This can have a major effect on their way of life. Several professional athletes who have access to the best treatments available say that MYO-MED keeps them on the playing field. It has also kept me at the trap shooting range as the gun's recoil often leaves me with a painful shoulder. And my tennis friend couldn't be happier. I'll surprise him with another tube at Christmas.

"I recommend it to my patients who suffer from arthritis"
W. GIFFORD-JONES, MD

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PUMP

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